

Training Plans • Half Marathon Beginner



Training Plans • Half Marathon Beginner



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
7 miles. Long distance run at a conversational pace.	Rest day.	3 miles. Long distance run at a conversational pace.	Workout: Cross train for 30 minutes – walk, swim, or bike.	5 miles. Long distance run at a conversational pace.	Rest day.	2 miles. Long distance run at a conversational pace. 30 minute recovery walk.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
7 miles. Long distance run at a conversational pace.	Rest day.	4 miles. Long distance run at a conversational pace.	Workout: Cross train for 30 minutes – walk, swim, or bike.	5 miles. Long distance run at a conversational pace.	Rest day.	3 miles. Long distance run at a conversational pace. 30 minute recovery walk.

Notes:

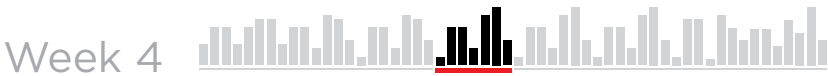
Training Plans • Half Marathon Beginner



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles. Long distance run at a conversational pace.	Rest day.	4 miles. Long distance run at a conversational pace.	Workout: Cross train for 45 minutes – walk, swim, or bike.	5 miles. Long distance run at a conversational pace.	Rest day.	3 miles. Long distance run at a conversational pace. 30 minute recovery walk.

Notes:

Training Plans • Half Marathon Advanced



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	Workout: Cross train for 45 minutes – walk, swim, or bike.	6 miles. Long distance run at a conversational pace. 4x 100M strides.	Rest day.	4 miles. Long distance run at a conversational pace. 30 minute recovery walk.

Notes:

Training Plans • Half Marathon Beginner



Week 1

Week 2

Week 3

Week 4

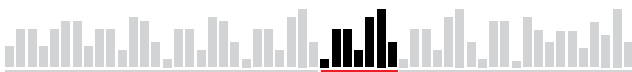
Week 5

Week 6

Week 7

Week 8

Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	Workout: Cross train for 45 minutes – walk, swim, or bike.	6 miles. Long distance run at a conversational pace. 4x 100M strides.	Rest day.	3 miles. 5K race or 3 mile run.

Notes:

Training Plans • Half Marathon Beginner



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	2 miles. Long distance run at a conversational pace. 30 minute recovery walk.	7 miles. Long distance run at a conversational pace. 4x 100M strides.	Workout: Cross train for 30 minutes – walk, swim, or bike.	5 miles. Long distance run at a conversational pace.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 7



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace. 4x 100M strides.	3 miles. Long distance run at a conversational pace. 30 minute recovery walk.	8 miles. Long distance run at a conversational pace.	Workout: Cross train for 30 minutes – walk, swim, or bike.	5 miles. Long distance run at a conversational pace. 4-6x 100M strides.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 8



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace. 4-6x 100M strides.	4 miles. Long distance run at a conversational pace. 30 minute recovery walk.	7 miles. Long distance run at a conversational pace.	Workout: Cross train for 30 minutes – walk, swim, or bike.	5 miles. Long distance run at a conversational pace. 4-6x 100M strides.

Notes:

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Taper - Optional 1

Taper



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles. Long distance run at a conversational pace.	Rest day.	4 miles. Long distance run at a conversational pace.	Workout: Cross train for 30 minutes – walk, swim, or bike.	4 miles. Long distance run at a conversational pace.	Rest day.	Run your race!

Notes:
